

12 Practical Ways for Seniors to Volunteer in Their Community

Community service is a highly rewarding way to spend your time by helping others, promoting causes you believe in, and enjoying many personal benefits. And it just so happens that retired seniors or those working part-time are often looking for beneficial activities to fill their schedules.

Volunteering isn't just great for occupying some time, though; it's also one of the best ways for seniors to stay socially engaged. This is, of course, really important for their physical, mental, and emotional well-being.

Seniors often have physical limitations that may rule out some opportunities for community service. But while they might not all be able to go out and build homes for Habitat for Humanity or coach a local youth football team, there are still plenty of ways for seniors to volunteer in their community.

How Seniors Can Get Involved in Their Community

1. Tutor or mentor local youth through an area school or community program, religious institution, or other organization.
2. Pitch in at a local food pantry or other charitable services that help the homeless and/or the poor.
3. Organize a canned food drive, toy drive, or something similar to collect donated goods for a local charity organization.
4. Volunteer on the campaign of a political candidate you believe will make a positive difference in your community.
5. Organize call-in or write-in campaigns to local, state, and/or national politicians about causes you feel strongly about.

6. Donate some of your time helping out at a neighborhood library or museum.
7. Connect with nearby nonprofits dedicated to an area of advocacy you believe in, such as children's health, the environment, poverty, addiction recovery, a political issue, etc.
8. Assist with special events and community outreach at your church, synagogue, or mosque.
9. Volunteer at an animal shelter near you.
10. Organize a drive to collect donated food and pet supplies for an area animal shelter.
11. Get involved at your local community center or senior center, helping with community outreach, events, and other activities.
12. If you play an instrument, offer free music lessons to low-income children.